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What is claimed is:

 A clock for tracking the time accumulation according to a single task as selected from a plurality of tasks, comprising:

a housing;

a clock face within said housing, capable of displaying hours and minutes;

means for selecting one task from a plurality of tasks; and

means for counting accumulated time according to said selecting means for a

given selected task and displaying the accumulated time on said clock face, while

retaining the value of accumulated time on each remaining task, until user directs that
the accumulated time for a task be reset.

- 2. A clock as recited in claim 1, wherein said means of selecting one task from a plurality of tasks requires only a single action to be performed to select one task from a choice of at least three tasks.
- 3. A clock as recited in claim 2, wherein said means of selecting one task from a plurality of tasks comprises a sensor responsive to the orientation of the clock, wherein the user rotates the position of the clock housing, or portion thereof, to select one task from a choice of at least three tasks.

- 4. A clock as recited in claim 1, wherein said means of selecting one task from a plurality of tasks comprises a single selector control input.
- 5. A clock as recited in claim 4, wherein said single selector control input is selected for use within the clock from the group of available electronic selector inputs consisting of rotary switches, slide switches, and push button switches.

6. A clock as recited in claim 1,

wherein said means of counting accumulated time is selected from the group of electronic circuit elements consisting of microcontrollers, microcomputers, digital logic elements, custom circuit elements, programmable logic elements, and combinations thereof;

wherein said selected electronic circuit elements are adapted to store multiple time values and upon selection of a particular time value perform incrementing of that time value according to the elapsing of time; and

wherein said selected electronic circuit elements are adapted to generated signal for controlling an electronic display upon which one or more of the time values may be displayed.

7. A clock as recited in claim 1, wherein the housing is configured for receiving the name of said task name adjacent to said means for selecting one task from a plurality of tasks to facilitate correct user task selection.

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- 8. A clock as recited in claim 7, wherein the housing is configured to incorporate a writable surface area upon which the task name may be written.
- 9. A clock as recited in claim 8, wherein said writable surface area is selected from the group of writable surfaces consisting writing paper, and electronic ink written upon by a stylus.
 - 10. A clock as recited in claim 1, wherein the clock has a self-contained power supply and is of a size which occupies less than approximately one hundred cubic inches.
 - 11. An apparatus for tracking time accumulated to one of a plurality of tasks, comprising:
 - a housing which is adapted for receiving written task names;
 - a power source retained within said housing;
 - a display within said housing adapted for the display of at least one time value;
 - a sensor retained within said housing which adapted to generate a task selection signal in response to the orientation of the housing;
 - time setting selectors on housing of said apparatus which are adapted to generate time setting signals in response to user time selection inputs; and a controller circuit within said housing and powered from said power source;

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wherein said controller circuit is adapted to maintain a plurality of time values;
wherein said controller circuit is adapted to increment one selected time value
from said time values in response to said task selection signal;

wherein said controller circuit is adapted to generate signals corresponding to said selected time value to control the output of said display;

wherein said controller circuit is adapted to receive input from the time setting selectors to modify one or more of said time values.

12. An apparatus for the selective plucking of a small object from a surface into which it is embedded, comprising:

a head having a first and second opposing member adapted to receive said small object by interposing therebetween;

wherein said head is adapted to grasp said small object between said first and second opposing members;

a sensor adapted to register the interposition of said small object between said first and second opposing members of said head in a position for plucking;

an indicator adapted to alert the user of said apparatus; and
an electronic circuit connected to said sensor and said indicator and which
generates an alert to the user on said indicator in response to said small object being
aligned in a position for plucking.

- 13. An apparatus as recited in claim 12, wherein said sensor is adapted to register one or more characteristics of the interjection of said small object between said first and said second opposing members of said head as selected from group of characteristics consisting of size, number, and position between opposing members.
- 14. A buckle for retaining an elongated section of belt material in a loop at a user selected circumference, comprising:

a frame of substantially rigid construction having first and second belt attach locations;

a compliant member attached to said first belt attach location;

wherein compliant member and said first location of said frame are adapted for substantially permanent attachment to the distal end of an elongated section of belt material;

a fastener attached to said second location of said frame which is adapted to engage a location on the proximal end of said elongated section of belt material in response to user selection of circumference to a first selected belt circumference;

wherein under a sufficient tension force from said belt material said compliant member is urged into a position which increases the belt circumference to a second belt circumference.

15. A buckle as recited in claim 14, wherein said belt material comprises a substantially non-stretchy material.

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- 16. A buckle as recited in claim 15, wherein said belt material comprises a form of leather.
- 17. A buckle as recited in claim 14, wherein said compliant member is capable of moving a distance in the range from one-eighth inch to one-inch under the sufficient urging of a tension force.
 - 18. A combination belt and buckle for securing individuals trouser garments, comprising:

an elongated belt of material;

a belt buckle having a substantially rigid frame;

a compliant member attached to said rigid frame of said belt buckle;

said compliant member, in combination with said rigid frame, configured for substantially permanently attachment to a distal end of said belt material;

a closure device within said buckle frame for engaging the proximal end of said belt material at a selected location wherein a first circumference of the belt is provided;

wherein upon the application of an expansive tension-force to the first circumference of the belt, the compliant member is urged to move thereby increasing the belt circumference larger than said first circumference.

19. A necktie providing enhanced safety, comprising:

a first elongated section of material having a decorative front surface having an enlarged proximal end, tip, and whose width tapers toward a distal end;

a second elongated section of material tapering from a proximal end to a distal end; and

a tension release joint which joins said distal end of said first elongated section of material with said proximal end of said second elongated section of material;

wherein upon the application of a tension force which exceeds a predetermined separation tension threshold, the tension release joint separates wherein said first and second elongated portions of said tie separate from one another allowing the tie to separate from the neck of the wearer.

- 20. A necktie as recited in claim 19, wherein the tension release joint is adapted to separate when the applied tension force exceeds a threshold within the range of 20 to 40 pounds of tension force.
- 21. A necktie as recited in claim 19, wherein additional elongated sections of material are joined to said elongated section, so that multiple tension release joints are provided along the length of the tie.

22. A necktie as recited in claim 19, wherein said tension release joint is adapted for non-destructive separation in response to a tension force, wherein the user

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can manually reattach the portions of the tie to restore it to a normal length.

23. A necktie as recited in claim 22, wherein additional sections having a tension release joint on either end may be inserted by the user to extend the length of the tie while still providing the benefits of tension release joint.